SOLE

FITNESS

TREADMILL

OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL!

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ST90-YT007_1208(SL)A

Safety hints

IMPORTANT: THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product, occasional errors and/or omissions do occur. In any event should you find this product to be defective or missing a part please contact our Customer Service Department.

Your treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill. Be sure to read the manual before assembly and operation.
Also, please note the following safety precautions:
DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

1. Read OWNER OPERATING MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Never leave the treadmill unattended when plugged in. Unplug from the outlet when not in use and before removing or replacing parts.
4. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
5. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt. Always return the treadmill to slow speed to provide for safe dismount and low speed restart.
    a-To disconnect, turn all controls to the off position, then remove plug from outlet.
    b-Use the treadmill only for it is intended use as described in this manual.
    c-Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
    d-Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
    e-Start your program slowly and very gradually increase your speed and distance.
    f-Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
    g-Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
    h-Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
12. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
13. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction
14. Children being supervised not to play with the appliance

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.
CAUTION!! Please be careful when opening this unit.

Introduction

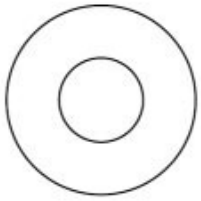
The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

Specifications

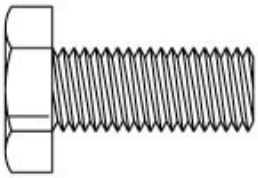
- Drive Motor: 2.75 hp
- Speed Range: 1 – 16 kmph / 0.5 – 10 mph
- Running Surface: 510 m/m x 1525 m/m
- Incline Level: 0-15 Levels
- Folding Design: YES

MAX.USER WEIGHT 150 KGS

Assembly Pack Check List



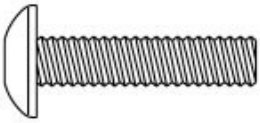
#76. Ø5/16" × Ø18 × 1.5T
Flat Washer (8 pcs)



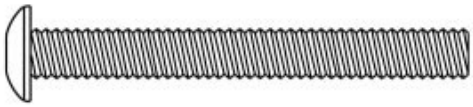
#97. 5/16" × 1/2"
Hex Head Bolt (8pcs)

#93. Ø10
Split Washer (4 pcs)

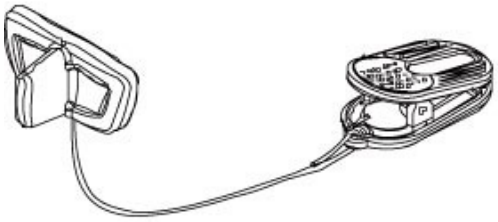
#95. M5 × 15m/m
Phillips Head Screw (6 pcs)



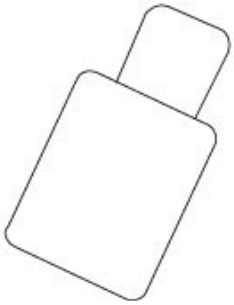
#96. 5/16" × 3/4"
Button Head Socket Bolt (4pcs)



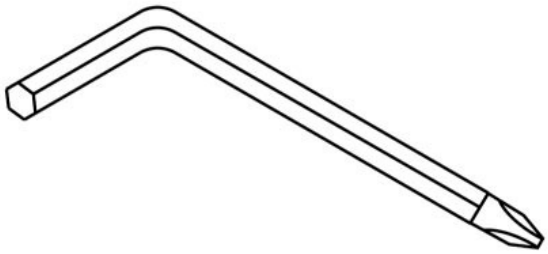
#94. 3/8" × 1-1/2"
Button Head Socket Bolt (4pcs)



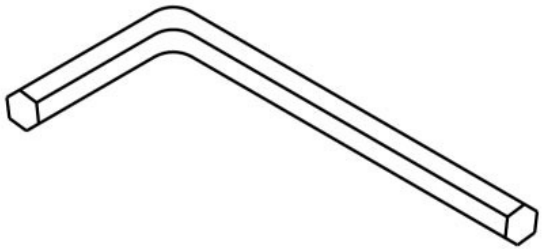
#54. 800m/m
Trapezoidal Safety Key (1pc)



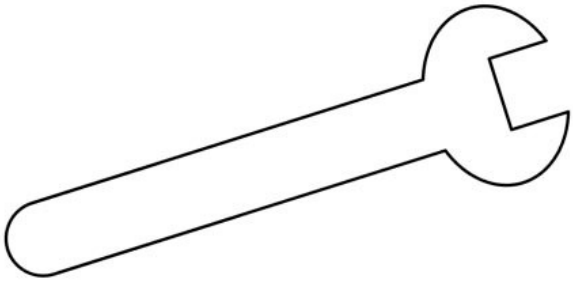
#101.Lubricant
(1pc)



#98. Combination M5(25 × 90m/m)
Allen Wrench & Phillips Head Screw
Driver (1pc)



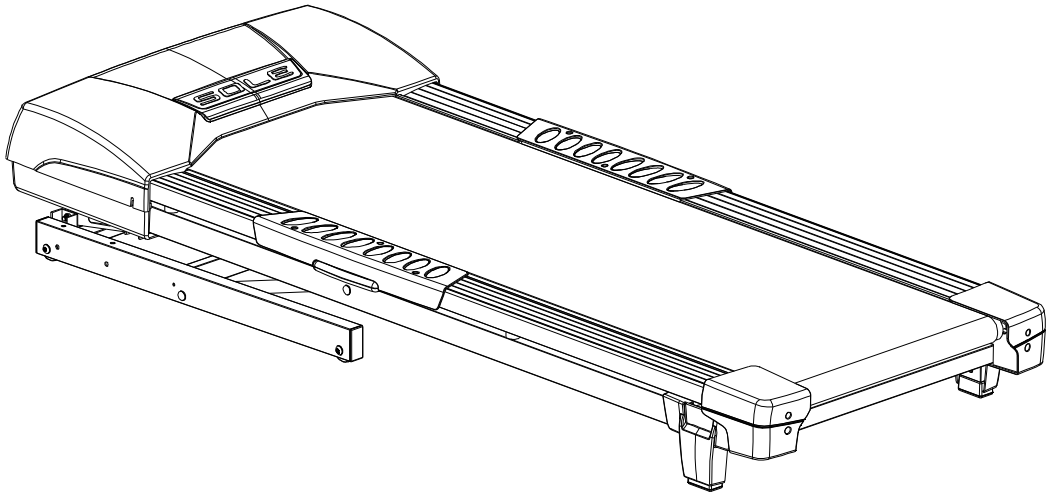
#99. M6(68 × 88)
Allen Wrench (1pc)



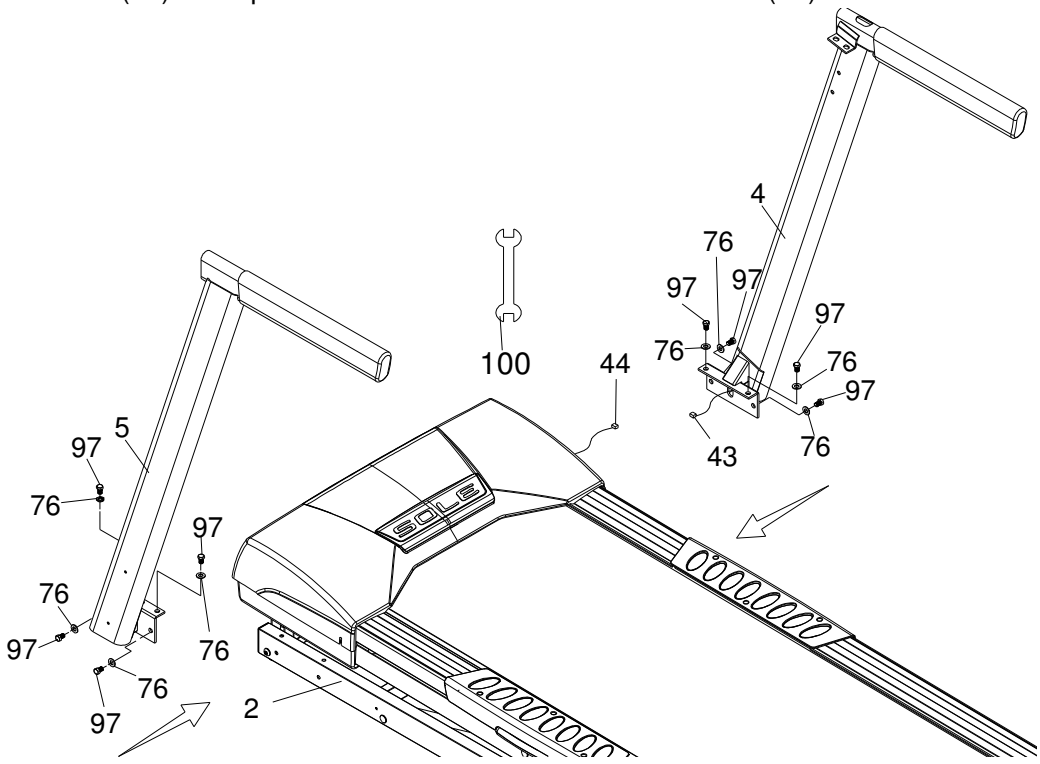
#100. 13m/m
Wrench (1pc)

Assembly Instructions

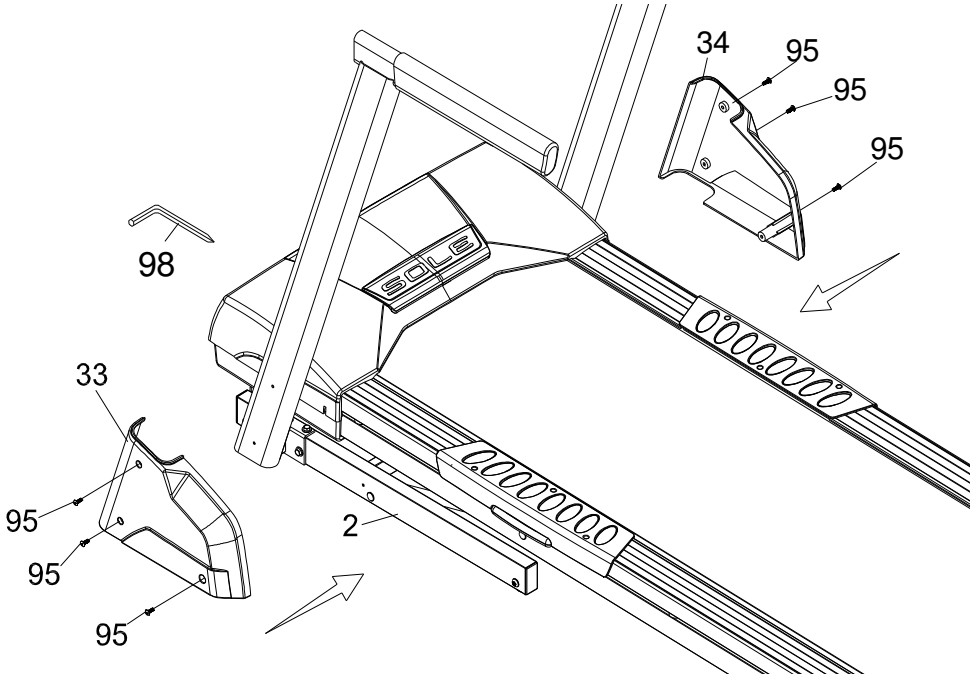
Step 1.
Remove the unit from the box and put it on a flat and level floor.



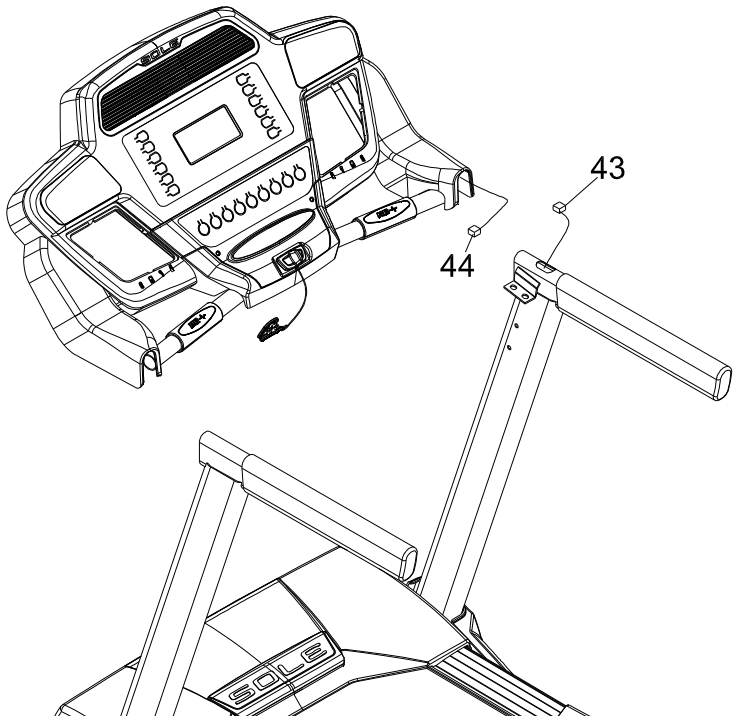
Step 2.
Connect Computer Cable (Upper/Lower) (44) with Computer Cable (Middle) (43) then insert Right and Left Uprights (4) and (5) into the Frame Base (2) and use 13m/m Wrench (100) to tighten 8 pcs of 5/16" ×1/2" Hex Head Bolts (97) and 8pcs of Ø5/16" × Ø18 × 1.5T Flat Washer (76).



Step3.
Install Frame Base Cover (L) and (R),(33) and (34), on the Frame Base (2) and secure with 6 pcs of M5 × 15m/m Phillips Head Screws (95) by using Combination M5 Allen Wrench & Phillips Head Screw Drive (98).

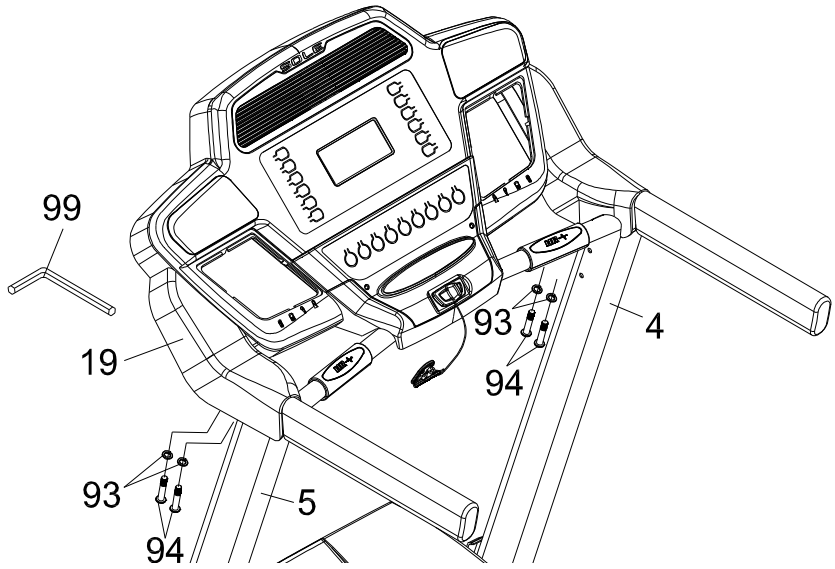


Step4.
Connect Computer Cable (Upper/Lower) (44) with Computer Cable (Middle) (43).



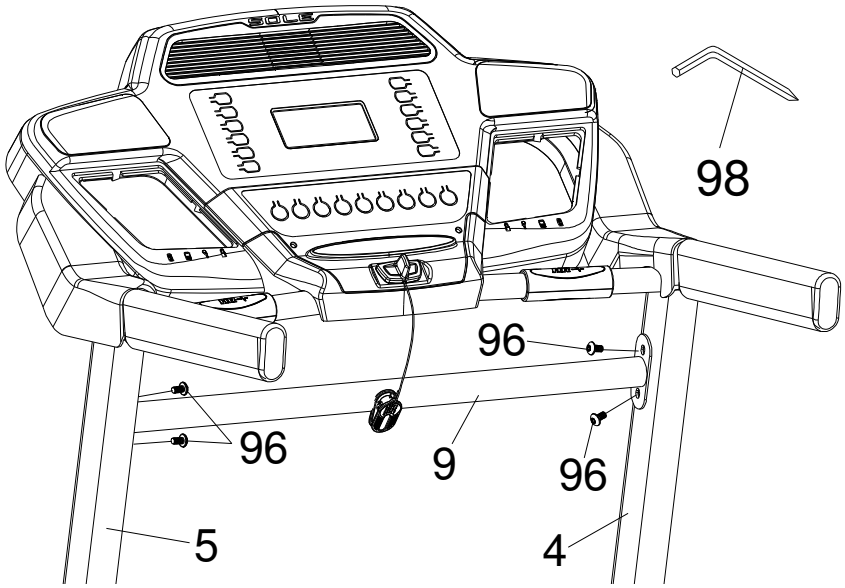
Step5.

Insert Console Assembly (19) into right and left Uprights (4) and (5) and secure with 4 pcs of 3/8" × 1-1/2" Button Head Socket Bolts (94) with 4 pcs of Ø10 Split Washers (93) by using M6(68 × 88)Allen Wrench (99).

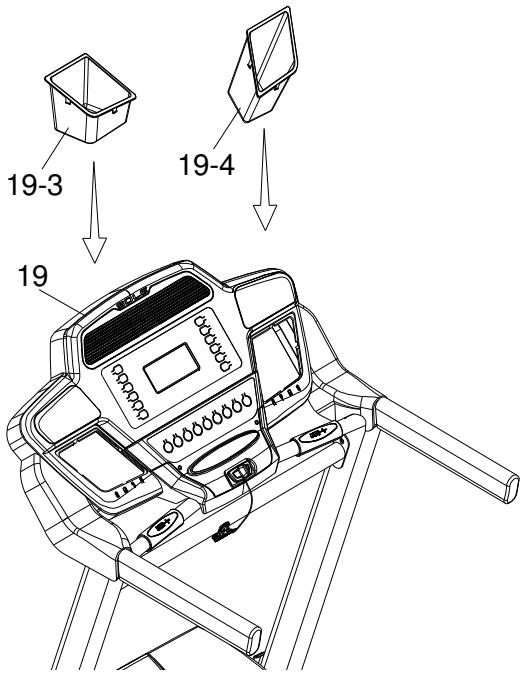


Step 6.

Install Handrail Support (9) between right and left Uprights (4) and (5) and use Combination M5 Allen Wrench & Phillips Head Screw Driver (98) to tighten 4 pcs of 5/16” x3/4” Button Head Socket Bolts (96).



Step7.
Put left and right Drink Bottle Holders (19-3) and (19-4) in their places on the Console Assembly (19).



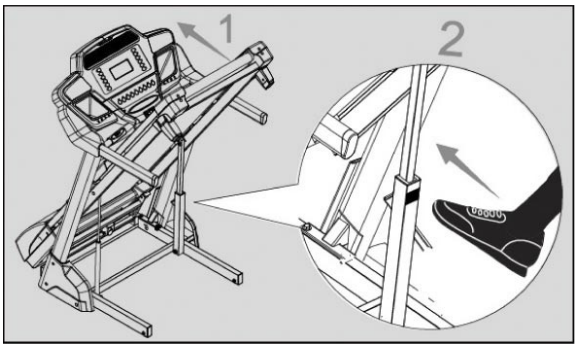
NOTE: Please Tighten All Screws After All Components Assembly Complete.

Folding instructions

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

- **TO FOLD THE TREADMILL**
  Lift the deck until the latch clicks in place.

- **TO UNFOLD THE TREADMILL**
  Press the tube with your foot at the yellow sticker
  To release latch.See picture to the right.



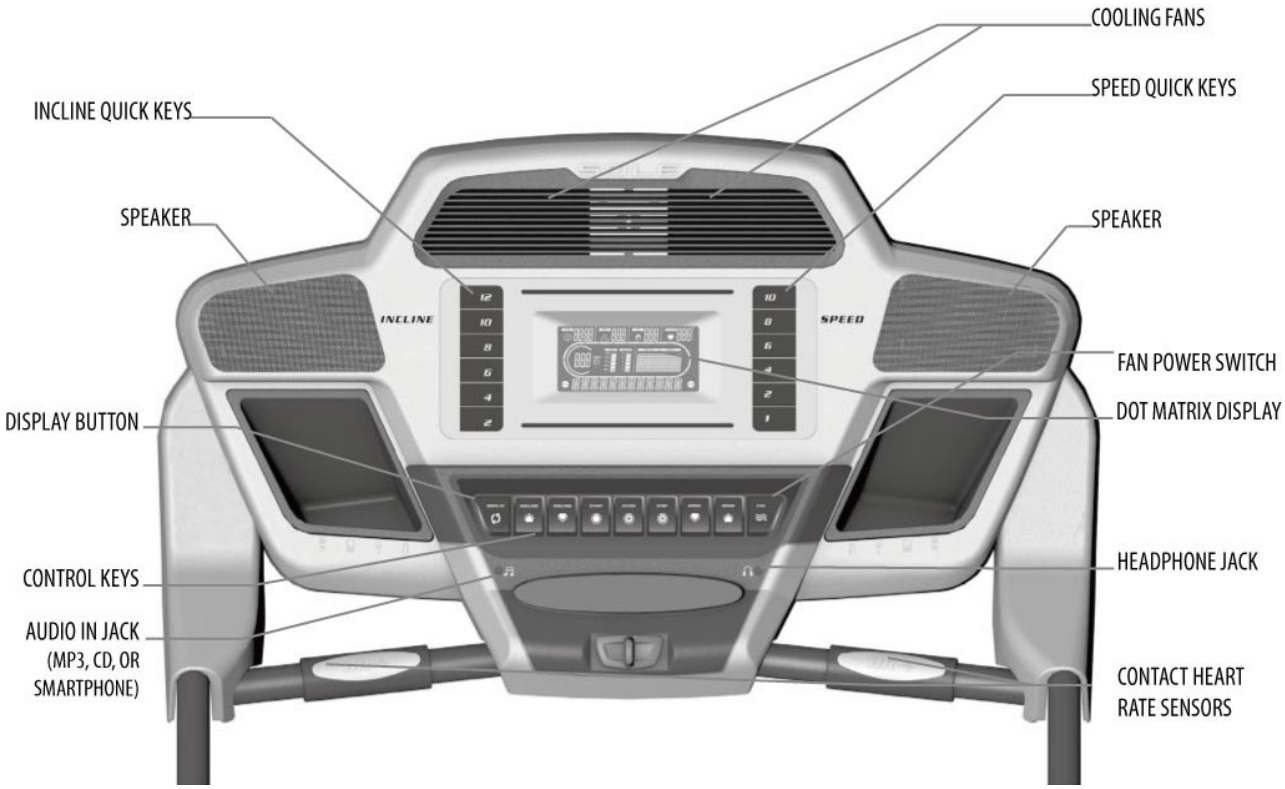
Transportation instructions

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

Operation of Your Treadmill

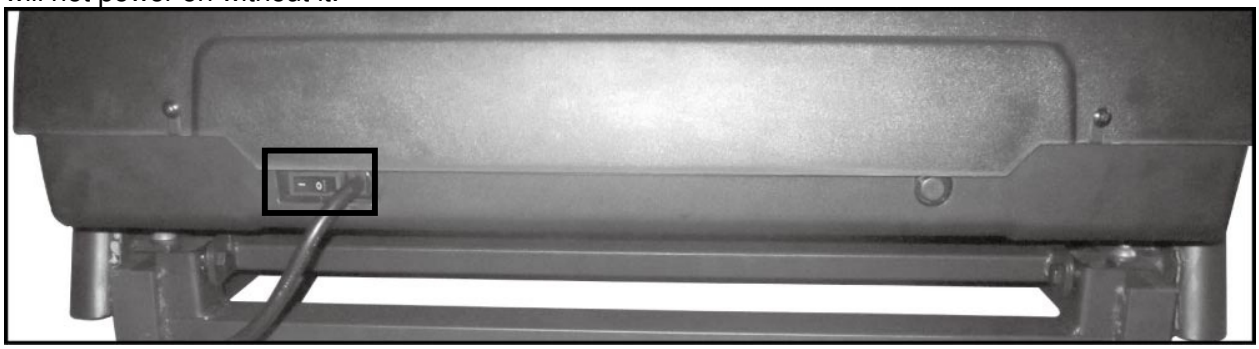
Getting familiar with the control panel

■Console



GETTING STARTED CONSOLE :

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it.



When the power is turned on, a message will scroll across the Message Window showing the current software version. Then the Time and Distance Windows will display Odometer readings for a short time, Time Window will show how many hours the treadmill has been in use and the Distance Window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. The treadmill will then enter idle mode, which is the starting point for operation.

QUICK-START OPERATION

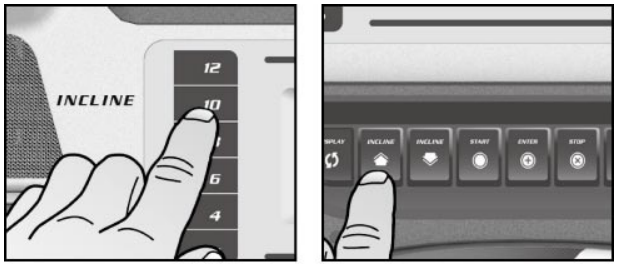
1. Attach the **Safety Key** to wake the display up (if not already on).
2. Press the **Start** key to begin belt movement then adjust to the desired speed using the **Speed** ▲/▼ keys on the console. You may also use the **Quick** speed keys 1, 2, 4, 6, 8, or 10 to adjust the speed.
3. To slow thetread-belt press and hold the **Speed** ▲ key on the console to the desired speed. You may also press the Quick speed adjust keys, 1 through 10.
4. To stop the tread-belt press **Stop** key or pull away **Safety Key**.

PAUSE/STOP/RESET FEATURE

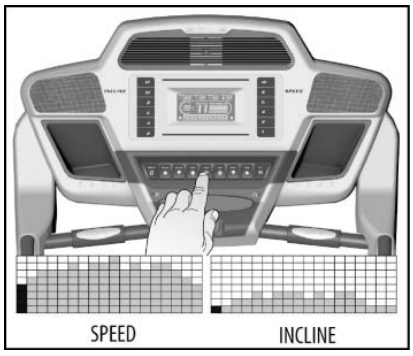
1. When the treadmill is running the pause feature may be utilized by pressing the red Stop key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The **Time**, **Distance** and **Calorie** readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.
   - Pause is executed when the **Stop** button is pressed once. If the **Stop** button is pressed a second time, the program will end and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start up) screen. If the Stop button is held down for more than 3 seconds the console will reset.

INCLINE FEATURE

1. Incline may be adjusted anytime after belt movement.
2. Press and hold the **Incline** ▲/▼ keys on the console to achieve desired level of incline. You may also choose a more rapid increase / decrease by selecting desired key, 2, 4, 6, 8, 10, or 12 on the left hand side of console.
3. The **incline window** display will indicate incline position as adjustments are made.



DOT MATRIX CENTER DISPLAY



Twenty columns of dots (8 high) indicate each segment of a workout. The dots are only to show an approximate level (speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In operation, the speed/incline dot matrix window will build a profile "picture" as values are changed during a workout. When the word "Speed" is lit above the dot matrix it indicates that the Speed profile is being displayed and when the word "Incline" is lit above the dot matrix it indicates the Incline profile is being displayed.

You may change the Dot Matrix profile view between Speed and Incline by pressing the **Enter** button. After pressing **Enter** to view the two profiles, pressing it a third time will automatically alternate the Speed and Incline displays, showing each one for five seconds.

1/4 MILE TRACK

The 1/4 mile track is displayed around the dot matrix window. The flashing dot indicates your progress. The number of laps you complete are accumulated in the lap counter, which is below the **Message Window**.

MESSAGE WINDOW DISPLAY

The **Message Window** will initially display **Program Name**. Each time the **Display** button is pressed the next set of information will appear. The order of information displayed will be: **Pace, Incline, Laps, Verticle, Segment Time, Max Speed** (in mph), and **Data Scan** mode. In **Data Scan** mode, the displayed information will change every 4 seconds in the **Message Window**.

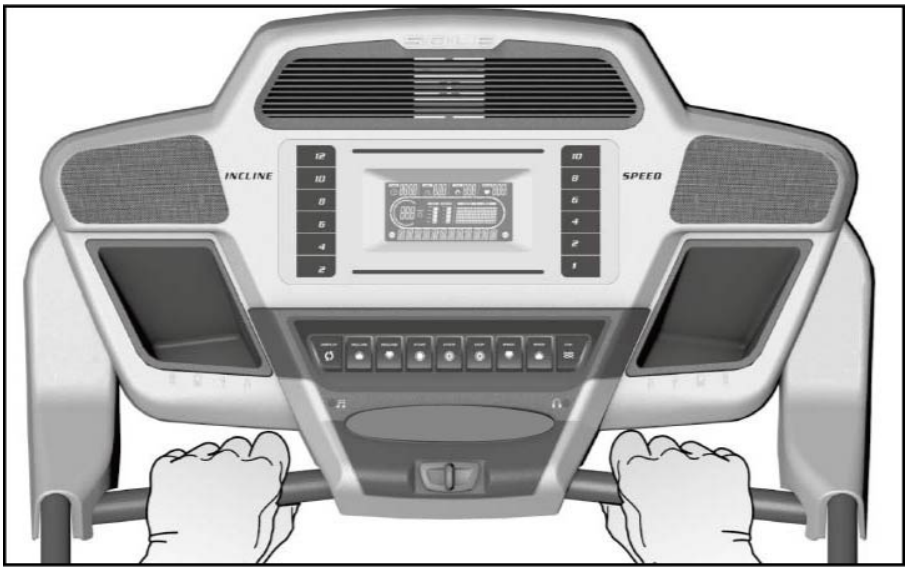
CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.
Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

There is an **Audio Input Jack** (♫) on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, Ipod, portable radio, CD player or even a TV or computer audio signal. There is an audio patch cable included and also a headphone jack (🎧) for private listening.

PULSE FEATURE

The **Pulse (Heart Rate) Window** will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar to display your pulse or wear the wireless chest strap. The pulse value will display anytime the upper display is receiving a pulse signal.



TURNING OFF TREADMILL

1. The display will automatically turn off – go to sleep – after 30 minutes of inactivity when in the Pause / Stop mode.Almost all power for the treadmill will be off except for some circuits that are needed to detect if any key is pressed, indicating the console should “wake up”. When the console is “asleep” the treadmill draws very little power, about as much as your television when it is turned off.
2. Removing the **safety key** is similar to entering “sleep” mode. Turning off the main power switch in the front of the treadmill will completely remove any power.

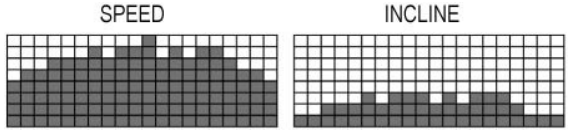
ATTENTION

Your new console comes configured in an in-store ‘Display Mode’ of operation, where the console will remain powered on unless the main power switch is turned off. To exit the display mode, for normal operation, press and hold the **Stop**, **Enter** and **Display** keys for 5 seconds; the display will show: Display mode - On. Use any of the **Program**, **Incline** or **Speed** ▲/▼ keys to change the setting to Off then press **Enter**.

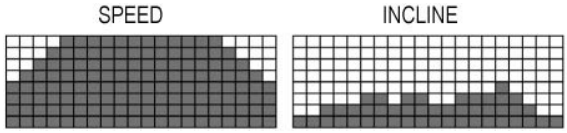
PROGRAMMABLE FEATURES

The F60 has ten built-in programs: one Manual program, five preset profiles, two user defined programs (**U1** & **U2**) and two Heart Rate programs (**HR1** & **HR2**).

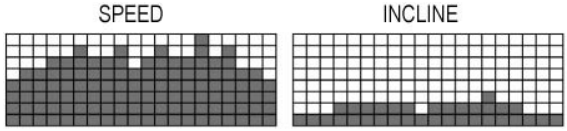
Hill
The **Hill** program simulates going up and down a hill. The workload will steadily increase and then decrease during the program.



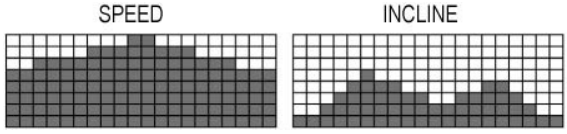
Fat Burn
The **Fat Burn** program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady work- load is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.



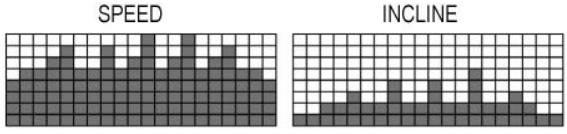
Cardio
The Cardio program is designed to increase your cardiovascular function and endurance. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.



Strength
The Strength program is designed to increase muscular strength in your lower body. This program will steadily increase in workload to a high level and forces you to sustain it. This is designed to strengthen and tone your legs and glutes (muscles of the butt).



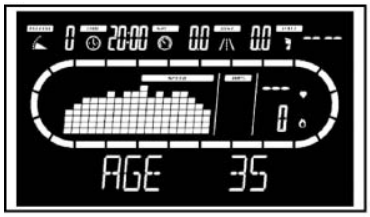
Interval
The Interval program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate, between recovery periods. This aids in heart rate recovery from intense activities.

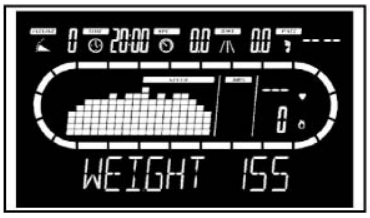


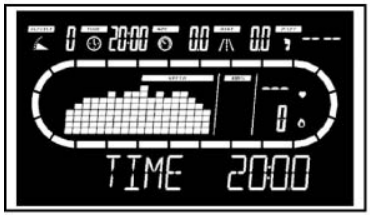
SELECTING A PROGRAM

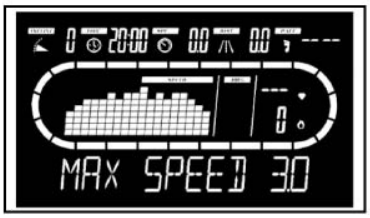
1. Press the **Speed** ▲/▼ keys to view the programs on the screen then press the **Enter** key to select the program you would like to perform. The display will prompt you through the programming steps or you can just press the **Start** key to begin the program using the preset program values for age, weight and other program specific information.

2. If Enter was pressed, the **Message Window** will display **Age**. You may use any of the ▲/▼ keys to adjust your age. After adjusting press the **Enter** key.
   *Note: You may press **Start** at any time during the programming to start the program with the information you've already input.*
3. The **Message Window** will now be displaying a value, which is your body weight. Entering the correct body weight will affect the calorie count. Use any of the ▲/▼ keys to adjust, then press **Enter**.
   - ***Calorie Display Note:*** *No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very differ- ent than yours. The **Calorie** display is to be used as a reference only to monitor improvement from workout to workout.*
4. The **Time Window** and **Message Window** will now be displaying a value, which is total workout time desired. Use any of the ▲/▼ keys to adjust, and then press **Enter**. After adjusting, press the **Enter** key.
5. The **Message Window** will display the preset max speed of the selected program. Use any of the ▲/▼ keys to adjust, and then press **Enter**. Each program has various speed changes throughout; this allows you to limit the highest speed the program will reach at it's peak.
6. Press **Start** to begin the program. The program will begin with a 3 minute warm-up. If you want to bypass this and go directly to the beginning of the program, press **Start** again.

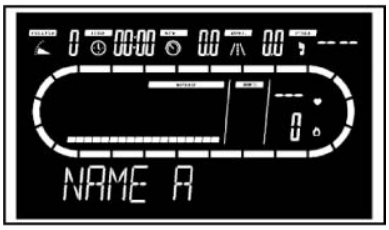








USER PROGRAMS



1. Select **User 1** or **User 2** via the **Speed** ▲/▼ keys then press **Enter**. Note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program). If there is a program stored under the button that is pressed, it will be retrieved. If not, you have the option of programming in your first name. The **Message Window** will display and flash the letter "A" . To change it, press the any ▲ key, then "B" will be displayed; if the any ▼ key is pressed, the letter "Z" will be displayed. After selecting the appropriate letter, press **Enter**. The letter "A" will again be displayed and blinking. Repeat the procedure until all letters of your first name are programmed (7 characters maximum). When your name is displayed, press **Stop** and it will be stored under either **User 1** or **User 2**.
2. Next the **Message Window** is flashing **Age**. Use the **Incline** ▲/▼ keys to adjust. Press **Enter**. This is a must to continue even if age is not adjusted.
3. The **Message Window** will now be blinking a body weight value. Enter your body weight and press **Enter**.
4. The **Time Window** and **Message Window** will now be blinking a **Time** value. Adjust the **Time** and press **Enter**.
5. The first column (segment) will now be blinking. Using the **Speed** ▲/▼ or **Quick** keys, adjust the speed level to your desired effort for the first segment then press **Enter**. The second column will now be blinking. Repeat the above process until all segments have been programmed. The first column will be blinking again. This is for the incline programming. Repeat the above process to program all segments for incline.
6. Press the **Start** button to begin the workout and also save the program to memory.

Heart Rate programs

Before we get started, a word about Heart Rate:

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

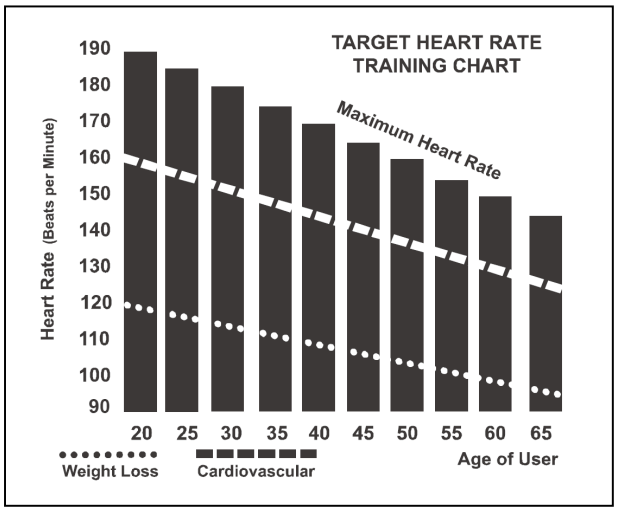
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 X .8 = 144 beats per minute (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation atomatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines’ goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

USING HEART RATE TRANSMITTER(Optional)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

Caution! Do not use this treadmill for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Loose treadmill console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

WARNING! - DO NOT USE THE HEART RATE CONTROL PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE TREADMILL'S DISPLAY!

HEART RATE CONTROL PROGRAMMING

CAUTION!

Heart Rate Control programs are intended for wireless transmitter chest strap. Do not use **Pulse Grip** bar for **Heart Control**. You must receive a strong/steady value in the **heart rate window** (See Using Heart Rate Transmitter section for instrucions on how to use).

The **HR1** program has a default level that is 60% of your projected heart rate maximum. This program is geared for individuals with fat loss as a goal. The **HR2** program has a default of 80% of your projected heart rate maximum. It is geared for individuals with a goal of improving cardiovascular & lung function.

1. Select **HR1** or **HR2** via the **Speed** ▲ / ▼ keys then press **Enter**.
2. The **Message Window** will now be blinking showing user's age. Adjust and press **Enter** or press **Enter** to accept the default value. Adjusting **Age** will change the Target HR value.
3. The **Message Window** will be blinking, showing the default user's bodyweight for this pro- gram. You may adjust it and press **Enter** if you want or just press **Enter** to accept the default value.
4. Now you are asked to adjust the **HR1** or **HR2** value. The default is 60% (**HR1**); (220 - age x .60); or 80% (**HR2**); (220 - age x .80). You may select a higher or lower number also. Adjust the number by pressing the **Speed** ▲ / ▼ keys and press **Enter** to continue.
5. The **Time Window** and **Message Window** will now be blinking. Adjust the time and press **Enter**.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the **Stop** key to go back one level, or screen.
7. If you want to increase or decrease the speed at any time during the program press the **Speed** ▲ / ▼ keys.
8. During the HR program you will be able to scroll through the data in the **Message Window** by pressing the **Display** key. When the program ends the **Message Window** will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.
9. Press **Start** to begin program.

The program will now control the treadmill to steadily increase your heart rate to the target value. This process is automatic and could take upwards of five minutes, depending on how far your HR needs to go and what kind of physical shape you are in. People who are more fit will take longer to reach the target.

GENERAL MAINTENANCE

BELT & DECK

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft,damp cloth,or paper towel,wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. **Allow to dry before using.**

BELT DUST

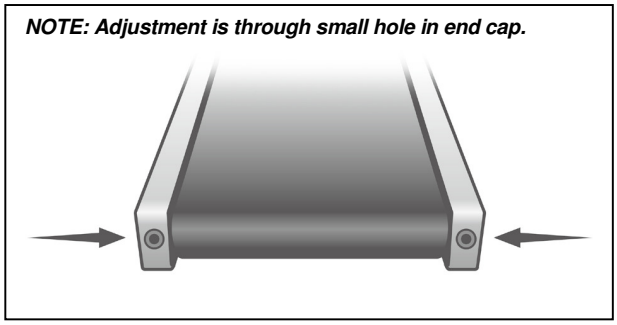
This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from The belt will appear on the floor behind the treadmill, this is normal.

GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS

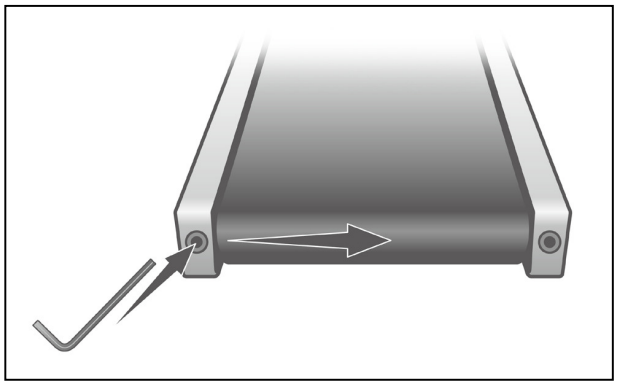
Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench (132) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment



Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck. DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt -located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments arenecessary.



TO SET TREAD-BELT TRACKING

A 6 mm Allen wrench (**99**)is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is **too close to the left side**,then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

If the belt is **too close to the right side**, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT/DECK LUBRICATION

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty. The belt and deck come pre-lubricated and subsequent lubrication should be performed every 180 hours of use.

The belt & deck come pre-lubricated. The console has a built in lubrication reminder indicator that lights every 180 hours of use. To lubricate the deck with the tube of lubricant supplied it will be necessary to loosen the walking belt. Using the 6 mm Allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps – enough to get your hand under the belt (5 –10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot line, like toothpaste on a toothbrush. The one-foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt. You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly use the treadmill for running, the spot where your feet land may be different from walking.

Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 3 mph without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side then follow the belt tracking instructions to remedy. Now the deck is lubricated and you should walk,
not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a silicone based Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

SERVICE CHECKLIST – DIAGNOSIS GUIDE

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	1.Tether cord not in position. 2.Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3.Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly Off-center to the side opposite from the belt movement. See **General Maintenance** section on **Tread-belt Tension** Adjust as necessary.
Motor is not responsive after pressing start	If the belt moves, but stops after a short time and thedisplay shows "LS", run calibration. If you press **start** and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 220V AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See **General Maintenance** section on lubrication.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. **Refer to Grounding**.
House circuit breaker trips, but not the treadmill circuit breaker	Need to replace the house breaker with a "High In-rush current" type breaker.

CALIBRATION PROCEDURE

1. Remove the **Safety Key**.
2. Press and hold down the **Start** and **Speed** ▲ buttons and replace the **Safety Key**. Continue to hold the **Start** and **Speed** ▲ key until the window displays “Factory settings”, then press the **Enter** key.
3. You will now be able to set the display to show Metric or English settings (Miles vs. Kilometers). To do this, press the ▲/▼ key to show which you want, then press **Enter**.
4. Make sure the wheel size diameter is 1.83 then press **Enter**.
5. Adjust the minimum speed (if needed) to 0.5 mph/1.0 kmph and then press **Enter**.
6. Adjust the maximum speed (if needed) to 10.0mph/16.0 kmph and then press **Enter**.
7. Adjust the maximum elevation (if needed) to 15 and then press **Enter**.
8. Grade return – On (This allows the incline to return to zero when **Stop** is pressed. For sale in Europe, EU standards require this to be off)
9. Press **Start** to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

ADJUSTING THE SPEED SENSOR

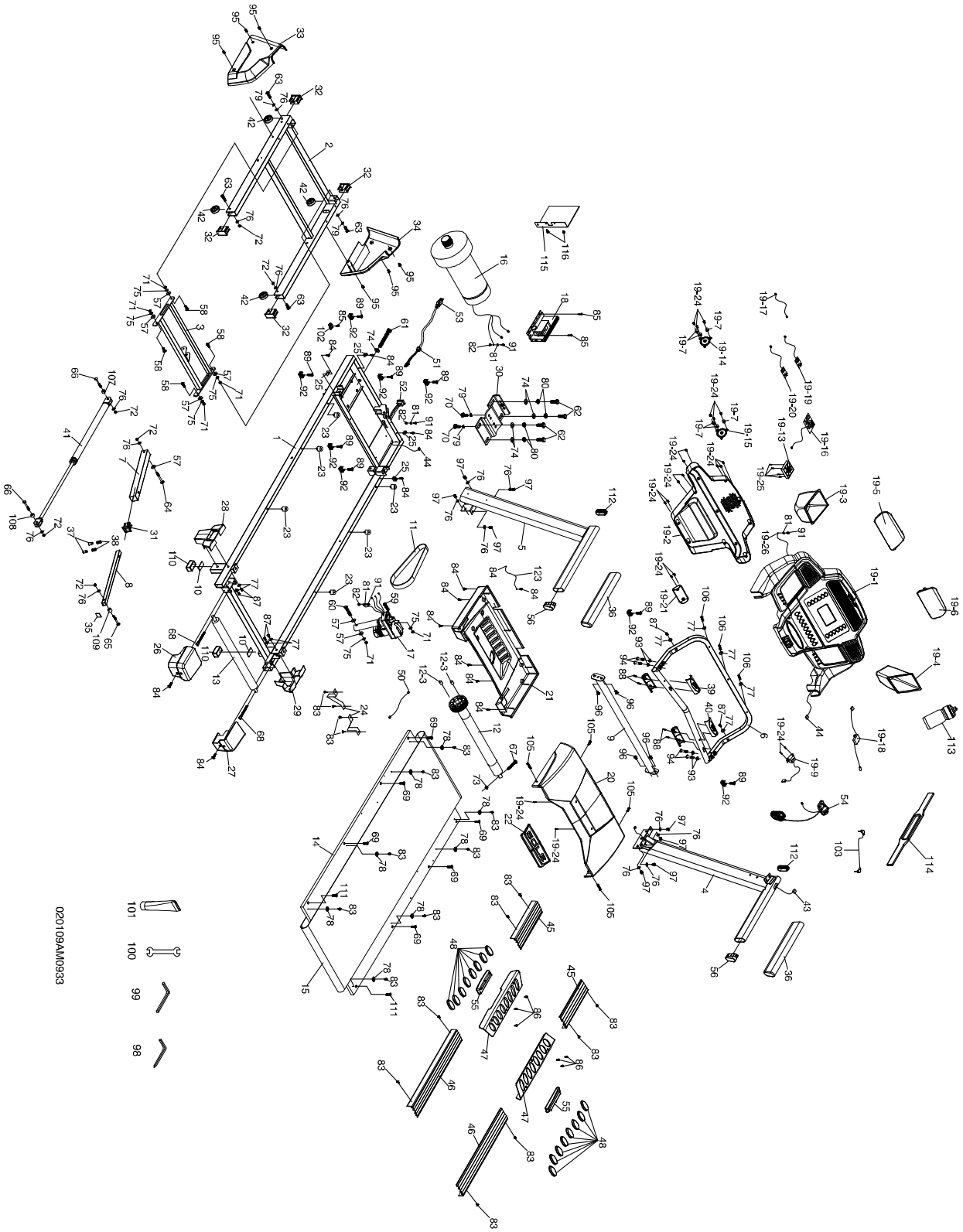
If the calibration does not pass you may need to check the speed sensor alignment.

1. Remove the motor cover hood by loosening the 4 screws that hold it in place (you do not need to remove them completely).
2. The speed sensor is located on the left side of the frame, right next to the front roller pulley (the pulley will have a belt around it that also goes to the motor). The speed sensor is small and black with a wire connected to it.
3. Make sure the sensor is as close as possible to the pulley without touching it. You will see a magnet on the face of the pulley; make sure the sensor is aligned with the magnet. There is a screw that holds the sensor in place that needs to be loosened to adjust the sensor. Re-tighten the screw when finished.

MAINTENANCE MENU

1. Press and hold the **Start, Stop** and **Enter** key at the same time, until the display shows “Engineering mode” (it may say maintenance menu, depending on version). Press the **Enter** key.
2. You can now scroll through the menu using the **Speed** ▲/▼ keys. Use the **Stop** key to return to previous menu selection. The menu selections are:
   A. **Key Test** - Will allow you to test all the keys to make sure they are functioning
   B. **Display Test** - Tests all the display functions
   C. **Functions** - Press Enter to access settings, use **Speed** ▲/▼ keys to scroll
      I. **Display Mode** - Turn off to have the console power down automatically after 30 minutes of inactivity
      II. **Pause Mode** - Turned on to allow 5 minutes of pause, turn off to have console pause in definitely
      III. **Maintenance** - Reset lube message and odometer readings
      IV. **Units** - Choose from English or Metric display readings
      V. **Key Tone** - Will turn on/off beeping noise that is made when keys are pressed.
   D. **Security** - Allows you to lock the keypad so no unauthorized use of the machine is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Start and **Enter** buttons for 3 seconds to unlock the console.
   E. **Exit**

EXPLODED VIEW DIAGRAM



PARTS LIST

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Outer Slide	1
8	Inner Slide	1
9	Handrail Support	1
10	Foot Pad Plate	2
11	Drive Belt	1
12	Front Roller W/Pulley	1
12~3	Magnet	2
13	Rear Roller	1
14	Running Deck	1
15	Running Belt	1
16	Motor	1
17	Incline Motor	1
18	ControllerL/110V	1
19	Console Assembly	1
19~1	Console Top Cover	1
19~2	Console Bottom Cover	1
19~3	Drink Bottle Holder (L)	1
19~4	Drink Bottle Holder (R)	1
19~5	Speaker Iron Net (L)	1
19~6	Speaker Iron Net (R)	1
19~7	Fan Grill Anchor (Optional)	6
19~9	300m/m_Safety Switch Module W/Cable	1
19~13	Fan (Optional)	1
19~14	300m/m_Speaker W/Cable (Optional)	1
19~15	750m/m_Speaker W/Cable (Optional)	1
19~16	Amplifier Controller (Optional)	1
19~17	300m/m_Amplifier Cable (Optional)	1
19~18	300m/m_W/Receiver, HR (Optional)	1
19~19	500m/m_Sound Board W/Cable (Red) (Optional)	1
19~20	500m/m_Sound Board W/Cable (White)(Optional)	1
19~21	Safety Key Cover	1
19~24	3.5 × 12m/m_Sheet Metal Screw (Optional)	21
19~25	3.5 × 32m/m_Sheet Metal Screw (Optional)	4
19~26	500m/m_Console Ground Wire	1
20	Motor Top Cover	1
21	Motor Bottom Cover	1

Part Number	Part Description	Qty per unit
22	Top Motor Cover Plate	1
23	Rubber Foot	6
24	Belt Guide	2
25	Motor Cover Anchor	4
26	Rear Adjustment Base (L)	1
27	Rear Adjustment Base (R)	1
28	Rear Foot Cover (L)	1
29	Rear Foot Cover (R)	1
30	Motor Bracket	1
31	Inner Slide End Cap	1
32	Transportation Wheel End Cap	4
33	Frame Base Cover (L)	1
34	Frame Base Cover (R)	1
35	21.4 × 21.4m/m_Square End Cap	1
36	PVC Handgrip	2
37	Spring Sleeve	2
38	Constrict Spring	2
39	1000m/m_Handpulse W/Cable Assembly (White)	1
40	1000m/m_Handpulse W/Cable Assembly (Red)	1
41	Cylinder	1
42	Transportation Wheel	4
43	1200m/m_Computer Cable (Middle)	1
44	800m/m_Computer Cable (Upper/Lower)	2
45	300m/m_Foot Rail	2
46	715m/m_Foot Rail	2
47	Pedal Cover (Top)	2
48	Pedal Cover (Bottom)	16
50	350m/m_Connecting Wire (Black)	1
51	Grommet	1
52	On/Off Switch	1
53	Power Cord	1
54	800m/m_Trapezoidal Safety Key	1
55	Cushion Spacer	2
56	Handgrip End Cap	2
57	Ø10 × Ø24 × 3T_Nylon Washer	7
58	3/8" × 3/4"_Button Head Socket Bolt	4
59	3/8" × 1-3/4"_Hex Head Bolt	1
60	3/8" × 2-1/2"_Hex Head Bolt	1
61	3/8" × 2-3/4"_Hex Head Bolt	1
62	3/8" × 3/4"_Hex Head Bolt	4
63	5/16" × 1-1/2"_Flat Head Socket Bolt	4
64	5/16" × 3-1/4"_Carriage Bolt	1
65	5/16" × 3"_Carriage Bolt	1
66	5/16" × 65m/m_Carriage Bolt	2
67	M8 × 60m/m_Hex Head Bolt	1
68	M8 × 80m/m_Socket Head Cap Bolt	2

Part Number	Part Description	Qty per unit
69	M6 × 25m/m_Flat Head Countersink Bolt	6
70	M8 × 12m/m_Hex Head Bolt	2
71	3/8"_Nyloc Nut	6
72	5/16"_Nyloc Nut	6
73	M8_Nyloc Nut	1
74	Ø25 × Ø10 × 2.0T_Flat Washer	5
75	Ø19 × Ø10 × 1.5T_Flat Washer	6
76	Ø5/16" × Ø18 × 1.5T_Flat Washer	16
77	Ø1/4" × 19 × 1.5T_Flat Washer	9
78	Ø6.5 × Ø25 × 1.5T_Concave Washer	8
79	M8_Split Washer	4
80	Ø10_Split Washer	4
81	M5_Split Washer	4
82	M5_Star Washer	3
83	4 × 12m/m_Sheet Metal Screw	20
84	5 × 16m/m_Tapping Screw	14
85	5 × 19m/m_Tapping Screw	3
86	3.5 × 18m/m_Sheet Metal Screw	6
87	5 × 16m/m_Tapping Screw	6
88	3 × 20m/m_Tapping Screw	4
89	3.5 × 16m/m_Tapping Screw	8
90	3 × 8m/m_Sheet Metal Screw	2
91	M5 × 10m/m_Phillips Head Screw	4
92	Wire Tie Mount	8
93	Ø10_Split Washer	4
94	3/8" × 1-1/2"_Button Head Socket Bolt	4
95	M5 × 15m/m_Phillips Head Screw	6
96	5/16" × 3/4"_Button Head Socket Bolt	4
97	5/16" × 1/2"_Hex Head Bolt	8
98	Combination M5(25 × 90m/m) Allen Wrench & Phillips Head	1
99	M6(68 × 88)_Allen Wrench	1
100	13m/m_Wrench	1
101	Lubricant	1
102	1200m/m_Speed Sensor W/Wire	1
103	400m/m_Audio Cable (Optional)	1
105	5 × 30m/m_Tapping Screw	4
106	5 × 35m/m_Tapping Screw	3
107	Ø8.2 × Ø12.7 × 6.5L_Space Sleeve (A)	1
108	Ø8.2 × Ø12.7 × 11.5L_Shaft Bushing	1
109	Ø8.2 × Ø12.7 × 16L_Space Sleeve (C)	1
110	Square End Cap	2
111	M8 × 25m/m_Flat Head Countersink Bolt	2
112	Oval End Cap	2
113	Drink Bottle (Optional)	1
114	Chest Strap (Optional)	1
115	Controller Back Plate	1

Part Number	Part Description	Qty per unit
116	3 × 8m/m_Sheet Metal Screw	2
123	1000m/m_Ground Wire	1